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3 ARTICLE OF FOOTWEAR WITH TEMPERATURE

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6 REGULATION MEANS

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8 ABSTRACT OF THE DISCLOSURE

9 Article of footwear includes a sole, an insole overlying the
10 sole, the insole having in a surface thereof a groove having an
11 inlet and outlet in an edge of the insole, the groove winding
12 substantially throughout the length and width of the insole upper
13 surface. A tube is disposed in the groove and extends throughout
14 the length of the groove and has an inlet portion extending from
15 the groove inlet at the edge of the insole and an outlet portion
16 extending from the groove outlet. An upper fixed to the sole has
 apertures through which extend the tube inlet and outlet
 portions.